854 and then the two are wrapped together; the arms are pressed against
856 the sides and then the swaddling cloth is wrapped tightly over all. Swaddling is imperative to make the baby grow straight, tall and strong; most of all to prevent it from becoming crooked.

As we have mentioned, traditional and scientific opinion agree that the baby must never be held nestling in the crook of the arm until it can sit up by itself. The gesture of mother love is not that of the curved arms. Even an unswaddled baby is held like a long stiff bundle against the body within an imaginary swaddling band. In villages, babies are often carried in slings, lying stiffly against the mother's hip and swinging with her walk; or they are carried standing in the sling against her back. The Greek cradle is a swing, which can be moved near to where the mother is working, so that she can pull the rope to rock it. At night it is put beside her bed. The pediatricians inveigh strongly against its use, considering that it spoils the baby, urging the use of bassinets and cribs.

853 It is important that the baby be breast-fed; in fact this is taken for granted. According to the child care manuals, it is extremely rare for a mother to have no milk, and slightly less rare that she have
[369] not enough milk. The city pediatricians find it necessary, however, to make impassioned pleas for the mother's own milk, pointing out the dangers incurred in engaging a wet-nurse, the criminality towards one's own baby, who has an inherited right to his mother's milk, and the crime against the baby of the wet-nurse, who has been left in the village without a mother. Women are reminded that the great Homeric mothers, Hecuba and Penelope, suckled their own children. Some factories have baby nurseries, mainly to enable mothers to nurse their own children. When supplementary feeding is needed, it is to be given with a spoon, lest the baby find the rubber nipple
[362] easier and refuse the breast. Asses' milk is recommended as nearest to mother's milk; cow's and goat's milk are recommended next to this.

Traditionally, the baby is given *glykanisso*, anise water, and camomile the first day, and is allowed to suck the colostrum the second day. Pediatricians urge that all ingestion should begin with suckling and that no other food be given. Babies are to receive no solid food until the sixth or even the eighth month. Nursing is recommended until the fourteenth month, or even up to two years; and the two year
[862] period is traditional. Weaning is gradual; pediatricians as well as tradition recommend the smearing of bitter stuff, perhaps quinine, on the nipple, or the offering of sweetened milk. Nursing need not
[843] be interrupted for a pregnancy and, in fact, may be good for the growing embryo. Juices of every variety of available fruit are recommended at three or four months, as well as strained vegetable soups. Traditionally, the baby joins the family at mealtime as soon as he can sit up; he is allowed to eat of the family meal, given choice slowly and carefully. At first, hard crusts and bones only are allowed,